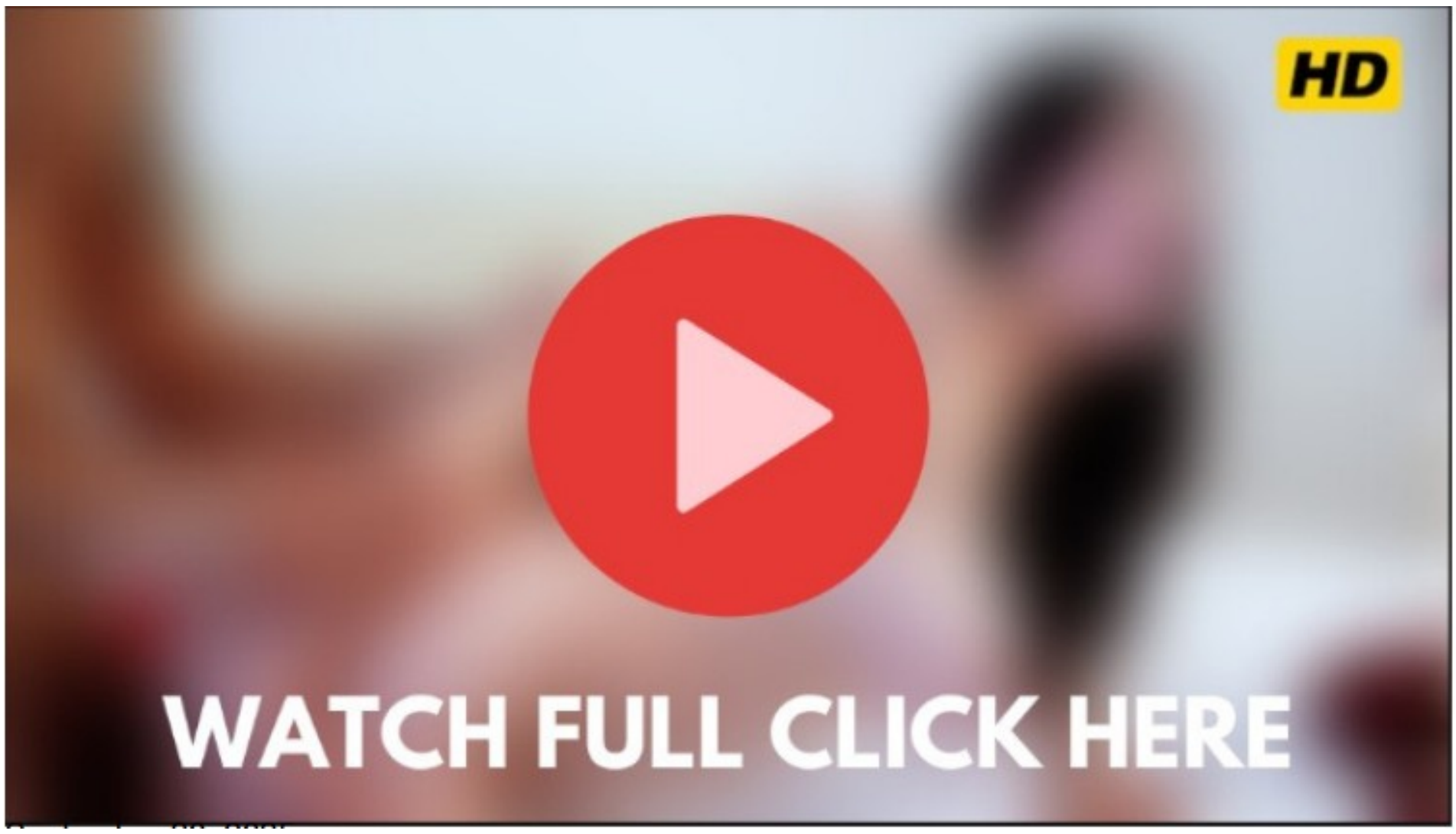emmnastics